

## STRIVE OPEN WATER PROGRAMME 2024

	SESSION			
	SWIM JOURNEYS	OPEN WATER FITNESS	SWIM PODS	OPEN WATER TECHNIQUE
<b>START WEEK</b>	3 June	3 June	22 July	22 July
<b>DAY / TIME</b>	Tuesdays 6.30pm	Thursdays 6.30am	Fridays 6.00pm	Sundays 10.00am
<b>LOCATION</b>	Various	Pembroke / Chouet	Pembroke / L'Ancrese	Pembroke / Chouet
<b>WHO</b>	Subscribed swimmers+	All swimmers++	Subscribed swimmers+	All swimmers++
<b>LEVEL</b>	Intermediate / Advanced*	All abilities**	Intermediate / Advanced*	All abilities**
<b>DISTANCE</b>	Up to approx 3.5km	Multiple 300m laps	Up to approx 2km	Multiple 300m laps
<b>SESSION TYPE</b>	Coastal 'adventure' swim	Bay Swim - Fitness Intervals	Bay Swim - Skills and Pacing in groups	Bay Swim - Technique
<b>WETSUIT</b>	Yes	Recommended	Yes	Recommended
<b>COST</b>	£15 / swim	Session Pass (£72 / 6 sessions)		

+ **Subscribed swimmers** - currently subscribed to a Swim Fit pool session.

++ **All swimmers** - session open to non-subscribed swimmers.

\* **Intermediate / Advanced** - has prior open water swimming experience and is already comfortable swimming at least 2 km in open water. Good front crawl ability and can hold a consistent pace in the sea. Should have good sighting skills and be confident swimming within a group.

\*\* **All abilities** - these sessions are suitable for swimmers who are starting their first season of open water swimming and also those that are already experienced. You should be able to swim front crawl to a basic standard (face in the water) and comfortable swimming at least 100m (4 pool lengths) consistently in the open water.

## **BEGINNER COURSES (starting Sunday 23 June)**

- 3-week courses take place Sundays, 11.45-12.45, L'Ancrese Bay
- Suitable for front crawl and breaststroke swimmers who want to build confidence and competence in the open water. Courses are designed to be the 'launch pad' to your open water swimming journey.
- These courses DO NOT teach front crawl technique, which is reserved for pool lessons only.
- They will teach basic safety & open water knowledge and skills.
- Wetsuits are not mandatory but recommended. Wetsuits are available to rent. All swimmers must be comfortable in the sea for up to 30 mins.
- Goggles and bright swim caps are mandatory.
- Courses can be repeated! Or you may find you feel ready to join another of Strive's open water sessions (see above)
- Courses cost £45